

# Kursplan

13.08.2018 - 19.08.2018

Campus Wellness & Sports  
Kantstrasse 1  
66953 Pirmasens  
06331 228226  
info@campus-ps.de

CAMPUS  
WELLNESS & SPORTS  
REHA & SPORT FÜR FRAUEN

Montag 13.08.2018	Dienstag 14.08.2018	Mittwoch 15.08.2018	Donnerstag 16.08.2018	Freitag 17.08.2018	Samstag 18.08.2018	Sonntag 19.08.2018
08:30 - 09:25 Reha-Sport	09:00 - 09:30 Xelerate.you "X"	09:00 - 10:00 Reha-Sport	09:00 - 09:55 Reha-Sport	09:30 - 10:30 Bodybalance Moni	11:00 - 12:00 360° Training Max	09:30 - 11:00 Yoga Advanced Jutta
09:15 - 10:15 Cycling Katrin	09:30 - 10:30 360° Training Moni	09:15 - 10:15 Rücken Fit Katrin	09:15 - 10:15 Cycling Katrin	10:45 - 11:45 Bodybalance Moni	14:00 - 15:00 Dance School Kids 7... Katja&Darline	09:30 - 11:00 Bike Control Ralf
09:30 - 10:45 Rücken Yoga Jutta	09:45 - 11:00 Rücken Plus Katrin	10:00 - 10:45 Xelerate.you \$20	10:00 - 11:00 Zumba® Fitness Seren	15:00 - 16:00 Reha-Sport Kraft-Au...	14:30 - 16:00 Cycling (Sommerpaus... Katrin	10:00 - 11:15 Bodyworkout Nadine
10:30 - 11:25 Reha-Sport	10:00 - 11:00 Zumba® Fitness Seren	10:30 - 11:30 World Jumping Kristina	16:00 - 16:45 Reha-Kids, 6-10 Jah... Andre	16:30 - 17:30 World Jumping Seren	15:00 - 16:00 Dance School Rookie... Max	10:30 - 11:30 360° Training Sandra
16:00 - 16:55 Reha-Sport	17:00 - 17:45 Reha-Sport Kraft-Au...	15:00 - 16:00 Dance School Rookie... Seren	16:30 - 17:25 präventives Rücken-... Janick	17:00 - 18:00 360° Training Moni	16:15 - 18:15 Dance School Advanc... Max	
17:00 - 17:55 Reha-Sport	17:00 - 17:55 Fit & Dance ab 7 Ja... Steffi	16:00 - 17:30 Dance School Advanc... Seren	17:30 - 18:30 360° Training Moni	17:15 - 18:15 Step Aerobic Katrin		
17:00 - 17:45 Xelerate.you \$20	17:15 - 17:45 Xelerate.you "X"	16:30 - 17:15 Reha-Kids, 11-14 Ja... Andre	17:30 - 18:50 Yoga Jutta	17:30 - 18:00 Xelerate.you "X"		
17:30 - 18:15 Athletic Training Katja M.	18:00 - 18:55 Cycling Sandra	17:00 - 17:50 Reha-Sport	17:30 - 18:25 Reha-Sport	18:00 - 19:00 Fitboxen PRO Moni		
18:00 - 19:15 Rücken - five® Petra	18:00 - 18:55 Pilates Katrin	17:40 - 17:55 Bauch Sikrit	17:30 - 18:00 Xelerate.you "Testz...	19:00 - 20:00 World Jumping Moni		
18:15 - 19:30 Cycling Ralf	18:00 - 19:25 Pushpower Moni	18:00 - 18:55 Cycling Katja M.	18:00 - 18:30 Xelerate.you "X"			
18:30 - 19:30 360° Training Katja	18:30 - 19:30 360° Training - PRO... Max	18:00 - 18:45 TRX® Patrick	18:30 - 18:50 Bauch Moni			

- Ausdauer
- Entspannung
- Figur
- Funktionelles Tr...
- Gesundheit
- Tanzen

Stand: 15.08.2018

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<p>18:30 - 19:10 Zumba® Fitness Sikrit</p> <p>19:15 - 20:00 World Jumping Sirikit</p> <p>19:30 - 20:30 Pushpower Fabian</p> <p>19:45 - 21:00 Cycling Thomas</p>	<p>19:00 - 19:45 TRX® Einsteiger Kim</p> <p>19:05 - 20:05 Team Rudern Thomas</p> <p>19:30 - 20:30 Fitboxen Moni</p>	<p>18:00 - 18:55 Zumba® Fitness Sikrit</p> <p>19:00 - 20:00 360° Training Katja M.</p> <p>19:00 - 20:30 Tai Chi Doris</p> <p>19:00 - 20:15 Rücken - five® Petra</p> <p>19:15 - 20:45 Bike Control Ralf</p> <p>19:15 - 19:45 Xelerate.you "X"</p>	<p>18:50 - 19:50 Cycling Nadine Sauer</p> <p>19:00 - 20:00 Bodyworkout Nadine</p> <p>19:00 - 20:00 Pushpower Hot Moni</p>			

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